

What's Next?

Senior Adventures in Learning and Travel (SALT), LLC

Welcome to the best lifelong learning program along the Grand Strand! Under the leadership of Kelli Barker and Carol Osborne, SALT offers educational enrichment and social interaction to community members through face-to-face and online courses and clubs. We also provide a variety of travel opportunities, from local, day trips to regional overnight stays, to national and international excursions. See below for the complete lineup for our fall term, which begins September 6 and ends December 17. After information and netiquette guidelines, you will find courses and clubs listed alphabetically by title within each subject category. Following this part of the catalog, which includes title, instructor, description, materials needed (if any) and material fees payable to instructor, schedule, course number, and course fees, you will find the same courses (title and instructor only this time) organized by day and time in the At-a-Glance section. The next section lists the local excursions and the national and international tours that are now open for registration. Instructor bios can be found on the website. We hope that you will join us for what promises to be a fantastic array of enrichment opportunities. Spice up your life with SALT!

Registration Guidelines	1-2	At-a-Glance	19-21
Participation Guidelines	2-3	Local Excursions	22-25
Special events/Courses/Clubs	3-18	National and International Excursions	26

[Registration Guidelines](#)

In order to take classes at SALT, you must purchase a membership first. The membership fee for the fall is \$25. Registration will open on August 20 through our website, wnsalt.com. Click on "Get Started" in the upper right-hand corner of your screen, select the membership, go to your cart and enter your payment information. Then you can click on "Courses" or "Excursions" and select the ones you want, add them to your cart, and once you have finished, click on the cart in the upper right-hand corner of your screen and check out. If you wish to go on national or international excursions, you will register with and pay the tour company directly. Detailed information can be found on the brochures.

Membership brings **additional benefits**: free classes and special events; newsletters and updates; and the sense of belonging to a special community of lifelong learners. Classes vary in length from 1-3 hours and in duration from 1 to 10 weeks; some clubs even meet the entire 15 weeks. Therefore, members may register for upcoming classes/clubs at any point in the semester. However, we ask that you register at least one week before a course begins. Otherwise, the class may be cancelled due to under-enrollment since we "call" classes one week out. If we cancel a class, you will receive a refund. No refunds will be issued if you drop a class, whether this drop comes before or during the class. If there are extraordinary circumstances (such as a hospitalization or death in the family), you may appeal this rule. Decisions about refunds will be made on a case-by-case basis.

You are registered as soon as you receive your completed registration form. Be sure to mark your calendar for the first class meeting. You may join a class that has already begun for the full course fee, pending the instructor's approval. You will receive an email with a link to your class's Zoom meeting the day before the class is held. All you need to do beforehand is to download the free Zoom app to your device. Then you can click on the link and join the meeting five minutes before the class is scheduled to

begin. All instructors have been told to end their classes ten minutes before the hour so there will be no overlap in the meetings.

Each individual attending an online class must be registered as a member of SALT and as a member of the class. **Even if you are using the same device as a friend or spouse, each of you is responsible for enrolling and making full payment before attending a session.** We appreciate your cooperation. Please recognize that we have no outside funding at this time, and every time you “cheat the system,” which isn’t hard under these circumstances, you are making it less likely that we can continue offering a lifelong learning program to the community.

We will not be sending reminders for the face-to-face classes, so please mark your personal calendars when you register so you don’t forget. **Market Common classes will be held at Peace, Love and Little Donuts, 3020 Nevers St., Myrtle Beach. Donna Davis will be holding her class at her studio, Emerald Bay Trading Company, 9904 N. Kings Highway, Myrtle Beach.**

Technology and Netiquette

Some classes will be delivered via Zoom this fall. If you need assistance downloading the Zoom app, please let us know. For our classes that are offered online, we are including a few guidelines to ensure that all members and instructors have a positive experience.

1. **Mute yourself** unless you are speaking. This will improve the sound quality for everyone in the class. Use only one device to log on, or you will create a feedback screech sure to annoy everyone.
2. Unless there is a pressing reason not to do so, turn your **camera on**. Socialization is so much easier when we can see one another’s faces. However, if you do not have a camera on your device or you are having a really bad hair day, you can still participate without being “present” visually.
3. Try to keep your device still during the class. When you have your camera on, others may find your movements distracting if you walk around your house, fidget with your controls, or interact with others in your home. You can always **turn the camera off** if you need to excuse yourself during class. Remember that everyone else can see what you are doing if it’s on—so please, no bathroom visits during class with the camera rolling! And be mindful of where your camera is pointed. We would rather see your face than other parts of your body!
4. Use the **chat feature** to communicate with the instructor and the rest of the class. You can direct your comments to the teacher or to everyone.
5. Log in to each class **on time**. Late arrivals are distracting for the instructor and the other students in your class.
6. As in all lifelong learning classes, **be polite** even if you disagree with the opinions of your classmates. We want our classes to be safe spaces where members can benefit from open and civil discourse. If you experience any impropriety within the program, from instructors or other members, report your concerns to wnsalt22@gmail.com as soon as possible. Also, be considerate of others and refrain from dominating discussion or talking over other students.

Guidelines for face-to-face classes:

1. **Be polite**, even if you disagree with the opinions of your classmates. We want our classes to be safe spaces where members can benefit from open and civil discourse. If you experience any impropriety within the program, from instructors or other members, report your concerns to wnsalt22@gmail.com as soon as possible. Also, be considerate of others and refrain from dominating discussion or talking over other students.
2. Arrive on time and clear the space once your class is over.
3. Leave the community space in the same condition you found it by cleaning up after yourselves and disposing of any cups, napkins, or plates you may have used.

Covid-19 Protocols

1. Please wear a mask when you attend face-to-face classes or events.
2. We ask that only vaccinated individuals travel on SALT excursions and that they wear a mask while this area is deemed a hot spot.
3. We will be following CDC guidelines throughout the semester, so please adhere to the rules if changes in the number of cases necessitates a change in policy.

SALT Special Events

Open House for SALT at Peace, Love and Little Donuts

Come visit us in person to celebrate the start of another semester! Raffles, silent auctions, contests, and general tomfoolery.

Thursday, Sept. 2, 2-4 p.m., Free (no registration required), Market Common 3020 Nevers St., Myrtle Beach

First Day of Winter and Semester Finale Celebration

Join us online for fun facts about the seasons, a celebration of all that was SALT in 2021, chances to win prizes, fellowship and perhaps a preview to spring 2022!

Tuesday, Dec. 14, 2-4 p.m., SALT 023, Free, online

Special Guests Series

Underwater Occupations

Join us as we talk to three professionals who submerge for a living! Guests will be announced when all details are confirmed.

Thursday, September 16-30, 2-3 p.m., SALT 018, \$15, online

Not so Starving Artists

We will be interviewing three people from the fine arts (theatre, graphic design, and dance) who have found interesting ways to use their talents and make money. Guests will be announced when all details are confirmed.

Thursday, October 14-28, 2-3 p.m., SALT 019, \$15, online

Local Leaders

Get to know your local leaders as we conduct in-depth interviews followed by Q&A sessions. Guests will be announced when all details are confirmed.

Thursday, November 4-18, 2-3 p.m., SALT 020, \$15, online

Lunch and Learn

Ed Piotrowski at Rivertown Bistro

As long as we aren't under a hurricane watch, our favorite meteorologist has agreed to speak about the topic as we enjoy a delicious lunch.

Thursday, Sept. 23, 11-1 p.m., SALT 021, \$5 (lunch not included)

Dr. John Navin at Rivertown Bistro

"Dangerous Liaisons: Cooperation and Conflict between Colonists and Native Americans in early Virginia, Plymouth, and Carolina"

In every colony established in America in the seventeenth century, Europeans had to deal with indigenous tribes, and vice versa. Trade was the cornerstone of these relationships and settlers and Indians often came to depend on each other. But interracial conflicts threatened to destroy communities on both sides of these intercultural exchanges. On Wednesday, October 20, Prof. John Navin, a member of CCU's Department of History since 1999, will describe the interaction between the colonists and Native Americans in three pathbreaking and remarkably dissimilar English settlements.

Wednesday, October 20, noon-2 p.m., SALT 022, \$5 (lunch not included)

Arts, Crafts, and Photography

Advanced Felted Soap, Lisa Williams

With no dyes or additives, felted soap is a treat for your skin, and makes a unique gift. Using alpaca wool/fiber, students will use a wet felting process the first week, creating a bar that acts as natural loofah and washcloth. During the second week, students will be introduced to needle felting (dry felting process). Workshop fee includes all needed materials and use of tools. Students must purchase supplies from the instructor for \$20.

Friday 10 a.m.-noon, 10/15-10/22, ARTC 015B, \$40, F2F, Market Common

Cookie Cutter Needle Felting, Lisa Williams

Felting is easy, relaxing, creative, and beautiful. Using open form cookie cutters as an introduction to needle felting, we will create mini essential oil diffusers that can be hung in your car or any small space. You will make two shapes and then do a little beading to finish your mini diffuser. Workshop fee includes all needed materials and use of tools (essential oils not included). Students must purchase supplies from the instructor for \$15.

Friday 10 a.m.-noon, 10/8, ARTC 022B, \$20, F2F, Market Common

Easy Greeting Cards, Ellen Jampole

You'll make greeting cards for various occasions and end the class with materials and directions to keep making cards after the class is over. Instructor will supply cardstock and embellishments needed.

Materials fee: \$10, payable to the instructor before the first class. Instructor will meet students to give them their materials. If materials must be mailed, you will need to pay postage in addition to the materials fee. Please register early enough to make receiving the materials possible in a timely manner. You will need to supply adhesives, and optional colored pencils, pens, or markers.

Monday 2-4 p.m., 10/11-11/1, ARTC 014, \$40, online

Felted Soap, Lisa Williams

Alpaca wool is not just for scarves, sweaters, and socks. Using natural fiber from Lisa's alpacas, you will learn a bit about alpacas and their fiber and how to "felt soap," creating a bar that acts as a natural loofah and washcloth. With no dyes or additives, felted soap is a treat for your skin, and it makes a unique gift. Workshop fee includes all needed materials and use of tools. Students must purchase supplies from the instructor for \$15.

Friday 10 a.m.-noon, 9/17 ARTC 012B, \$20, F2F, Market Common

Jewelry Making Class 1, Cathy Hatch

Students will learn basic to mid-level techniques of jewelry making by creating finished projects each week.

Week 1- Introduction and Bracelet. Will include introduction to tools, stringing wire, discussion of findings and practice crimping. The finished piece of jewelry will be a bracelet.

Week 2- One Strand Necklace. Class will include a discussion of size and proportion in jewelry-making and how to create a pleasing, yet simple design. The finished piece of jewelry will be a one-strand necklace.

Week 3- Earrings The class will describe earring-making, balance, weight, and design. Will employ special tools and findings to use while making earrings. The finished piece of jewelry will be two pairs of earrings.

Week 4- Double Strand Necklace. The class will include the special findings used for making a double strand necklace, mathematical considerations for length and proper drape and proper closure for necklace. The finished piece of jewelry will be a double strand necklace.

Week 5- Wrap Bracelet and Necklace. This class will explore the use of semi-hard wrapping wire in the making of bracelets and necklaces. The finished piece of jewelry will be a matching bracelet and necklace.

Week 6- Using Slider Beads in Jewelry-Making. In this class students will make double and/or triple strand necklaces or bracelets using various sliders to hold the strands together. The finished piece of jewelry will be a necklace or bracelet.

Week 7- Statement/Multi-Strand Bracelet. Class will include a discussion of how to use strand holders to create multi-strand bracelets and how to add charms or tassels to the finished project. Use of strand holders and rings employed. The finished piece of jewelry will be a multi-strand bracelet with charms.

Week 8- Introduction to Wire Wrapping. This class will focus on using hard wire to make spirals and to wrap a focal bead with a hole to make a pendant. The finished piece of jewelry will be a variety of wire wrapped pendants that will go on a chain or leather rope-style necklace or two pairs of earrings.

Week 9- Wire Wrapped Rings. This class will focus on using hard wire, beads, and a ring sizer tool to make wrapped rings for the finger. We will also make spiral rings with and without beads that will also be wrapped and can be worn. The finished piece of jewelry will be a variety of wire wrapped finger rings, with and without beads.

Week 10- Gifts for Holidays and Birthday. This class will expose students to how to make beaded gifts

SALT Catalog Fall 2021

such as bookmarks, eyeglass chains, key chains, purse embellishments, and ornaments. The finished piece of jewelry will be one of these gift items, as chosen by the student. Materials fee to be paid upfront to instructor (\$250, \$25 per class) once registration is confirmed. Supplies will be mailed to participants each week.

Wednesday 3-5 p.m., 9/15-11/17, ARTC 017, \$100, online

Mason Jar Lid Christmas Ornament, Lisa Williams

Add a homemade touch to your Christmas tree or wrap it up to give as a gift. Needle felting is easy to do, relaxing, creative, and beautiful. This small needle-felted ornament is fun and simple to make. Upcycle some old Christmas cards, mason jar lids/rims and let the fun begin! Workshop fee includes all needed materials and use of tools. Students will go home with a completed ornament. Students must purchase supplies from the instructor for \$15.

Friday 10 a.m.-noon, 11/12, ARTC 023B, \$20, F2F, Market Common

Pine Needle Creations, Donna Davis

Students will learn to create baskets, wall hangings, ornaments, trivets and more from long-leaf pine needles. The fee includes materials.

Friday 10 a.m.-1 p.m., 12/10-12/17, ARTC 024, \$70, F2F, Emerald Bay Trading Company, 9904 N Kings Hwy, Myrtle Beach, SC 29572

Tangling for the Zen of It, Ellen Jampole

Learn tangles (patterns) and get into a groove (calm state) as you draw them. Tangles are called “doodles” by some but are much more than that. The instructor will email patterns weekly. You will learn and practice the tangle during class time, then on your own afterwards. You will need plain paper and pencil for the class. If you already have art supplies (pens, markers, Bristol paper), please feel free to use them.

Tuesday 2-4 p.m., 9/14-10/5, ARTC 006A, \$40, online

Tuesday 2-4 p.m., 10/12-11/2, ARTC 006B, \$40, online

Tuesday 2-4 p.m., 11/9-11/30, ARTC 006C, \$40, online

Clubs and Discussions

Chew the Fat, Ellen Jampole

Chew the fat means to talk informally, in a friendly manner. Join us for conversations and laughter as we respond to videos, articles about popular culture, discuss things our “home” state is famous for, and many other topics depending on which rabbit holes we fall into. “Elevenses” (mid-morning snacks) and beverage of choice are welcomed.

Monday, 10-11 a.m., 9/6-12/13, CLUB 001, \$20, online

Difficult Circumstances Book Club, Kofie Montgomery

We will read and discuss books with the central theme involving children who face long-term disruptive family events or who no longer live with their biological parents, but rather reside in foster care or group homes.

Tuesday 6-7 p.m., 9/21, 10/19, 11/16, CLUB 006, \$5, online

Dining Club Central, Kofie Montgomery

Members of the Dining Club will gather once a month for dinner at local restaurants. The club will meet Tuesdays in restaurants from Conway to Restaurant Row to Surfside Beach. You must be COVID-19 vaccinated to attend. Members are expected to RSVP by the date indicated and order from the menu.

Tuesday 5-7 p.m., 9/14, 10/12, 11/09, 12/7, CLUB 007, \$5, F2F

Dining Club: Home Edition, Kofie Montgomery

Meet virtually once a month from the comfort of your own kitchen/dining room. The club leader will recommend the variety (Greek, Italian, etc.) of dinner to self-prepare or order for take-out. Enroll to experience great dinner companionship, good table conversation, and lots of laughs!

Tuesday 6-7 p.m., 9/28, 10/26, 11/23, CLUB 003, \$5, online

Dinner Club North, Susan Granger

Members of the Dinner Club North will gather once a month for dinner at local restaurants on the north end of the Grand Strand. The club will meet on the third Thursday of the month. You must be COVID-19 vaccinated to attend. Members are expected to RSVP by the date indicated and order from the menu.

Thursday 5-7 p.m., 9/16, 10/21, 11/18, 12/16, CLUB 008, \$5, F2F

Fun & Games Club, Kris Szepanski

The group will play various types of games such as "20 Questions," "Scategories," and "Family Feud" as well as many others. All games are adapted to play on Zoom with minimal computer skills needed. The group has fun and laughs a great deal!

Wednesday 5-6 p.m., 9/8-12/8, CLUB 004, \$20, online

Lunch Bunch, Frankie Harris

Join Frankie for lunch at various local eateries, make friends, and have fun.

Wednesday 1 p.m., 9/15, 10/20, 11/17, 12/15, CLUB 010, \$5, F2F

Monday Culture Club, Anita McKay

Are you ready to branch out to find new flavor experiences? Learn about the cuisine of different parts of the world? This club will meet once a month. For each meeting, we will have a country or region preselected. Each club member will find a recipe and make the dish to have ready for the meeting. We will show and describe what we've made and share any interesting history of the dish we've come across. While we talk, we'll each eat what we've prepared.

Monday noon-2 p.m., 9/13, 10/11, 11/15, 12/13, CLUB 011, \$10, online

Cooking and Food

Wine Time, MaryClair Bretz

In this wine club the student will be able to taste 4 or 5 different wines, learn about different grapes, the correct way to enjoy wine, and some history. Instructor will send information about wines to purchase and food pairings before each meeting and you will taste together online.

Monday 7-8:30 p.m., 9/13, 10/11, 11/8, 12/6, COOK 001, \$20, online

Dance, Film, Music, and Theater

Born in the USA: Happy Birthday Bruce Springsteen, Jo Ann Tufo

This lecture class celebrates the birth and life of one of the most iconic musical American artists of the late 20th century, "The Boss," Bruce Springsteen. From his New Jersey roots to his life on the world stage, he has represented a unique view of the youth culture now turned mature adult. Happy birthday, Boss!

Thursday 10 a.m.-noon, 9/23, DFMT 009, \$10, online

Make Me "Dizzy," the Life and Times of John Birks Gillespie, Jo Ann Tufo

Explore the birth and life achievements of legendary jazz trumpeter, bandleader, composer, educator and singer, "Dizzy" Gillespie. Join in for a tribute "birthday fete" celebrating his South Carolina roots and the events that catapulted him into the music world, stardom, and made him an American cultural icon.

Thursday 10 a.m.-noon, 10/21, DFMT 010, \$10, online

Miracle on 34th Street: The Film History, Jo Ann Tufo

This class explores and celebrates one of the most iconic films in American entertainment history. Get to know the stars as well as the story that represents the true spirit and magic of Christmas.

Tuesday 10 a.m.-noon, 12/14, DFMT 011, \$10, online

"Pretty Woman": The Career of Julia Roberts, Jo Ann Tufo

Offered on her birthday, this class looks at beloved Oscar winner, American actor Julia Roberts. Join in to learn about and celebrate her early roots in Georgia, the road that led to Hollywood, her achievements, and her successful film career.

Thursday 10 a.m.-noon, 10/28, DFMT 012, \$10, online

Fitness, Health, and Safety

The Art of Self Defense, Katie Forrest

Learn the basics of how to defend yourself in everyday situations. Self-defense classes can help you build confidence in yourself. Develop self-discipline, improve your physical condition, and develop some 'street smarts' to keep yourself safe as you complete daily tasks. This course will have physical activity involved but can be adjusted for any current physical issues.

Wednesday, 5-6 p.m., 9/15, HEAL 025A, \$10, F2F, Market Common

Wednesday, 5-6 p.m., 9/22, HEAL 025B, \$5, online

Wednesday, 5-6 p.m., 10/20, HEAL 025C, \$10, F2F, Market Common

Wednesday, 5-6 p.m., 10/27, HEAL 025D, \$5, online

Chair Aerobics, Clayton Dixon

This course will guide you on how you can get moving in different positions. Movement is very important for leading a healthier lifestyle, and you will be able to go at your own pace. Exercises will have different progressions for those who prefer standing or sitting exercises.

Monday, noon to 1 p.m., 9/13 and 9/27, HEAL 026, \$20, F2F, Market Common

Chair Yoga, Linda Shultz

Become more flexible, have better balance, tone and strengthen your muscles by attending this class. A part of the class involves standing but can be modified so you can remain seated.

Thursday 10-11 a.m., 10/14-11/11, HEAL 010B, \$25, online

Thursday 10-11 a.m., 11/18-12/16 (no class 11/25), HEAL 010C, \$20, online

Gentle Exercises to Sweat By (GETS By), Ellen Jampole

Dislike formal exercise? Still leery of the gym? Come have fun moving around. We will do strengthening, stamina, balance, and stretching moves. You will need light weights (cans or bottles of water are fine) or a stretch band, a hand towel or two, a pillow such as a bed pillow, and a hard chair. You should adapt whatever we are doing to meet your body's abilities/needs and rest as needed. Bring water.

Wednesday 9-10 a.m., 9/8-10/6, HEAL 007A, \$25, online

Wednesday 9-10 a.m., 10/13-11/10, HEAL 007B, \$25, online

Wednesday 9-10 a.m. 11/17-12/15, HEAL 007C, \$25, online

Love and Memories: Understanding Age Related Memory Loss, Jo Ann Tufo

Together, we will explore the challenges of age-related memory loss for our loved ones and ourselves. Get to know some strategies for supporting people as bodies and brains begin to change. Jo Ann Tufo is a former certified dementia practitioner and can offer suggestions for compassionate self-love and family care. This class takes a positive-practice approach to the many situations that older adults face.

Tuesday 1-3 p.m., 12/14, HEAL 027, \$10, online

Mindful Movement, Heather Hufstetler

Gentle movement to release tension, increase energy and bring your awareness to the present moment - where life happens!

Monday 3-4 p.m., 9/13-10/4, HEAL 020A, \$20, online

Monday 3-4 p.m., 10/11-11/1, HEAL 020B, \$20, online

Monday 3-4 p.m., 11/8-11/29, HEAL 020C, \$20, online

Senior Fitness, Linda Shultz

You will tone, build muscle strength, and increase stamina in this class. Most of the class is done standing but can be modified to be done seated. You will need a pair of light weights, 1-3 pounds. If you have recently been working with weights, you can increase to a 5 pound maximum. Do not worry if you do not have dumbbells; you can easily substitute water bottles or cans of food instead. All levels are welcome. This is an active class which includes cardio for a healthy heart and is done at your level of fitness.

Wednesday 10-11 a.m., 9/15-10/6, HEAL 008A, \$20, online

Wednesday 10-11 a.m., 10/13-11/3, HEAL 008B, \$20, online

Wednesday 10-11 a.m., 11/17-12/15, HEAL 008C, \$25, online

Tai Chi for Beginners, Cynthia Dyer

You will learn basic principles, fundamental movements, and an abbreviated set of Tai Chi moves in a genial, relaxed atmosphere. Regular practice of Tai Chi offers recognized benefits for both your mind and your body.

Monday 9-10 a.m., 9/27-11/1, HEAL 028A, \$60, F2F, Market Common

Monday 9-10 a.m., 11/8-12/13, HEAL 028B, \$60, F2F, Market Common

Zumba Gold Toning, Linda Shultz

SALT Catalog Fall 2021

You will have fun moving to easy choreography. Most songs will include toning moves using 1-2 pound weights (Zumba Toning Sticks, bottles of water or even no weights will also work) for low to moderate intensity strength training. This class is tailored for active older adults focusing on all elements of fitness: cardiovascular, muscular conditioning, and balance. If needed this class can be done seated.

Tuesday 10-11 a.m., 9/14-10/5, HEAL 019A, \$20, online

Tuesday 10-11 a.m., 10/12-11/9, HEAL 019B, \$25, online

Tuesday 10-11 a.m., 11/16-12/14, HEAL 019C, \$25, online

Genealogy

HeritageQuest Online, Gail and Edie Reynolds

This free computer workshop will assist participants in the use of the Heritage Quest Online database to access digital images of census records, Revolutionary War pension files, and books to search for ancestors. This site has been updated and totally revamped. New additions include city directories, mortality & agricultural and Industrial schedules as well as the social security death index, cemetery records and immigration records. Students will need a library card for any library that has HeritageQuest Online as one of their databases to access this database from home.

Friday 10 a.m.-1 p.m., 10/8, GENE 003, Free, online

Researching Your Immigrant Ancestors, Gail Reynolds

This course is designed to assist you in beginning research of your immigrant ancestors. This course will focus on first steps in searching for ancestors in country of origin, historical background, and border changes of select countries; locating maps of various time periods; and websites for searching vital records and other family information. This course will use the internet; it is important for class members to contact the instructor (greynoldssc@gmail.com) before the first class so the course can be personalized to meet the needs of individual participants.

Friday, 1-3 p.m., 10/29-12/10 (no class 11/26), GENE 005, \$60, online

History, Government, and Politics

Agrarian Folklore and Folk Remedies, Abby

Rural farming communities have long been places with people who lived and worked closely with the land for their daily survival. Folklore springs from this in ways such as knowing if the 'signs' are right for certain crops or other farm activities, a concept that drives much of the information in the widely used *Farmer's Almanac* to this day. Agrarian communities were also often distant from doctors, or couldn't afford to see one regularly. This encouraged folk remedies using mostly ingredients you could find on the average farm, as well as community Faith Healers. Join to learn more about agrarian folklore and folk remedies.

Wednesday 2-3 p.m., 9/8, HIST 119, Free, online

Breakfast at Tiffany's: Celebrating the Life of Truman Capote, Jo Ann Tufo

Join in for a "birthday party" celebrating this unique and immensely talented personality. We will look at the birth and life achievements of writer Truman Capote.

Thursday 10 a.m.-noon, 9/30, HIST 116, \$10, online

Building the Magic: EPCOT Center, Valerie Gugala

SALT Catalog Fall 2021

In the late 1970s, Disney decided to build a new theme park in Florida. There were two competing themes; which one would actually be built? We will examine the history of EPCOT center—what was Disney’s dream vs. what was eventually built. We will also take a virtual tour of the park and discuss the history of some of the popular attractions.

Tuesday 1-3 p.m., 10/12, HIST 085, \$10, online

Building the Magic: Walt Disney World’s Magic Kingdom, Valerie Gugala

In the late 1960s, Disney acquired 25,000 acres of swampland in Florida. Over the next two years, part of the land was transformed into the world's leading theme park resort. It wasn't an easy job. We will discuss the secrets of the construction of the Magic Kingdom, take a virtual tour around the park as it currently stands, and discuss some of the most popular rides and attractions.

Tuesday 1-3 p.m., 10/5, HIST 086, \$10, online

Carolina Militia Man, Walter Hill

Join Horry County Museum Director Walter Hill as he talks about the experience of the Carolina Militia Man during the American Revolution.

Wednesday 2-3 p.m., 10/6, HIST 121, Free, online

Celebrating Native American Women, Jo Ann Tufo

This class explores the contributions of noteworthy women from various Native American tribes.

Tuesday 1-3 p.m., 9/21, HIST 087, \$10, online

Current Events, Robert Poirier

A two-hour discussion of world events and their impact held n the third Wednesday of the month.

Wednesday, 10 a.m. to noon, 9/15, 10/20, 11/17, 12/15, HIST 088, \$80, F2F, Market Common,

Current Events, Samih Baalbaki

We will have a short presentation of a current event followed by a general discussion. Outside speakers as well as classmates will be invited to present and answer questions.

Monday 11 a.m. to noon, 9/13-11/15, HIST 040, \$50, online

A Date that Will Live in Infamy: Women at Pearl Harbor, Jo Ann Tufo

Women present at Pearl Harbor on December 7, 1941, had unique and challenging experiences that day and after. Learn some of the stories of nurses, military support personnel, and local residents whose lives were forever changed on that Sunday morning in paradise.

Tuesday 1-3 p.m., 12/7, HIST 089, \$20, online

Deck the Halls: Holiday Decorating in the White House, Jo Ann Tufo

This class explores the rich history of the national tradition of decorating our nation's home, the White House. Undertaken by staff and an army of volunteer elves, this project comes together every year and unites the nation in the spirit of various winter holidays.

Tuesday 10 a.m.-noon, 12/7, HIST 090, \$10, online

Diana’s Boys: Princes William and Harry, Jo Ann Tufo

William and Harry have been watched closely since their births and observed as they have grown to be noteworthy men and representatives of the diverse expectations of members of the British Royal family. This class explores the lives of the sons of one of the most iconic women of the 20th century, Diana, the Princess of Wales.

Tuesday 10 a.m.-noon, 10/19, HIST 091, \$10, online

Dream, Believe, Dare, Do: The Life of Walt Disney, Valerie Gugala

Walt Disney was a visionary in the entertainment world. He created amazing, animated films, beloved animated characters, and a new type of vacation destination. The public saw him as the father of Mickey Mouse and called him "Uncle Walt". But who was the "man behind the mouse?" In this class, we will examine Disney's life story, learn what made him the man he was, and about his wonderful creations.

Tuesday 1-3 p.m., 9/28, HIST 092, \$10, online

"Fast Eddie": The Flying Ace of World War II, Jo Ann Tufo

This lecture explores the birth and life achievements of aviator Eddie Rickenbacker. Join in for a "birthday party" celebrating his place in World War II history and American culture.

Thursday 10 a.m.-noon, 10/7, HIST 093, \$10, online

Foods We Celebrate, Marian Calder

Join us for a lecture on the history behind some of our local foods. We'll talk about dishes like chicken bog, hog head cheese, and chitterlings. Where do they come from, what exactly are they, and how do we celebrate them?

Wednesday 2-3 p.m., 12/2, HIST 122, \$5, online

Forgotten Disney: Extinct Rides and Attractions from the Florida Parks, Valerie Gugala

In the 50 years that Walt Disney World in Florida has been in operation, there have been many attractions that have been closed for one reason or another. In this class we will look at some of these attractions. Some were loved and are still missed by fans today; others may be best forgotten. Will any of them be a favorite of yours?

Tuesday 1-3 p.m., 10/19, HIST 094, \$10, online

Freedom to Worship: Early American Churches, Jo Ann Tufo

Explore the unique history of early American religious freedom as well as the people and places that offered comfort and asylum to those who wished to worship freely.

Tuesday 10 a.m.-noon, 10/12, HIST 095, \$10, online

"General Ike": Dwight D. Eisenhower, 34th President, Jo Ann Tufo

This class explores the birth and life achievements of General and 34th President Dwight D. Eisenhower. Join as we have a "birthday party" celebrating his earliest roots in Texas, his military career, and the road to the White House. Say "I Like Ike" to this class!

Thursday 10 a.m., 10/14, HIST 096, \$10, online

GI Jane: A History of Women in the Military, Jo Ann Tufo

What have been the experiences and contributions of women in the United States military? Explore what females have endured and had an impact on from the battlefields of American Revolution to the highest-ranking soldiers in the Armed Forces in the 21st century.

Tuesday, 10 a.m.-noon, 11/30, HIST 097, \$10, online

Girls in Blue: Women in American Law Enforcement, Jo Ann Tufo

SALT Catalog Fall 2021

Explore the fascinating history of females in law enforcement, from Civil War era Kate Warne to notable women who proudly wear the badge today.

Tuesday 1-3 p.m., 11/9-11/30, HIST 098, \$40, online

Grand Strand History: Charlie's Place, Jo Ann Tufo

This class explores the fascinating history and untold story of "Charlie's Place," an African American nightclub that provided fun and entertainment and was part of the "chitlin' circuit." Sadly, it ended with a tragic, although common, event.

Tuesday 10 a.m.-noon, 9/28, HIST 099, \$10, online

Grand Strand History: The Myrtle Beach Air Force Base, Jo Ann Tufo

Explores the history, noteworthy people and events that made the Myrtle Beach area home to military personnel and led to permanent residency for many families along the Grand Strand.

Tuesday 10 a.m.-noon, 11/2, HIST 100, \$10, online

Grand Strand History: Yankee Go Home!, Jo Ann Tufo

This class explores the migration of Americans from points north who have chosen to relocate to South Carolina and make the beautiful Grand Strand their home.

Tuesday 10 a.m.-noon, 9/21, HIST 101, \$10, online

A Grateful Nation: Veterans Day, Jo Ann Tufo

The 11th hour on the 11th day of the 11th month in 1918 marked the end of WWI's major hostilities when the armistice with Germany went into effect. Armistice Day or Veterans Day as it has been known since 1954 is the topic of this class.

Thursday 10 a.m.-noon, 11/11, HIST 102, \$10, online

Hail to the Chief: An Overview of our Presidents, Robert Poirier

An analysis of each president's time in office to include accomplishments, failures, and insights into any special characteristics. Students will gain an appreciation for the men and the office.

Thursday 10 a.m.-noon, 9/30-11/4, HIST 103, \$120, F2F, Market Common

Hats and Handbags: A History of Ladies' Accessories, Jo Ann Tufo

Get a glimpse of the history of women's hats and handbags in everyday life and on the runway, from Paris to New York and beyond.

Tuesday 10 a.m.-noon, 11/16, HIST 104, \$10, online

Happy Birthday, Charles Ringling, Jo Ann Tufo

Celebrate the life and contributions of one of the Ringling Brothers Circus family members.

Thursday 10 a.m. to noon, 12/2-12/9, HIST 117, \$20, online

Happy Birthday, Margaret Meade, Jo Ann Tufo

This class celebrates the life and contributions of world-famous cultural anthropologist, writer, and speaker, Margaret Meade.

Thursday 10 a.m. to noon, 12/16, HIST 118, \$10, online

“Joltin’ Joe” DiMaggio, American Baseball Icon, Jo Ann Tufo

This lecture/class explores the birth and life achievements of one of the most noteworthy sports figures in baseball, from semi-pro to major league, in almost 90 years, "The Yankee Clipper," Giuseppe Paolo DiMaggio. Join in to celebrate everything from his earliest roots in California to his appearance in 10 World Series championships.

Wednesday 10 a.m.-noon, 11/24, HIST 105, \$10, online

MASH: The Truth about Mobile Army Surgical Hospitals, Jo Ann Tufo

This class explores the real story of MASH units during the Korean War. It highlights the experiences of doctors, nurses, and patients under some of the most challenging situations in military medical history.

Tuesday 1-3 p.m., 9/28, HIST 106, \$10, online

Mickey Theodore Mouse: The Mouse, the Myth, the Legend, Jo Ann Tufo

Mickey turns 93 this year and we celebrate the conception, “birth,” and achievements of this international icon.

Thursday 10 a.m.-noon, 11/18, HIST 107, \$10, online

Native American Lore and History, Glenn Osborne

The class will encompass Native American crafts and jewelry; history and facts; and facts and fiction. Osborne has spent a lifetime studying, reading about, and collecting Native American history, crafts, and lore. This interactive class includes showing part of his large collection of artifacts, looking at recreations of weapons, tools, jewelry, etc.

Tues./Thurs. 9-10 a.m., 9/28-10/14, HIST 052, \$15, online

Native American Oral Traditions & Archaeology, Abigail Geedy

The Mulberry Site is a multi-mound Mississippian Era Native American town on the Wateree River. The people who lived there were likely ancestrally related to the peoples of the Catawba Indian Nation, Eastern Band of Cherokee Indians, and Creek (Muscogee) Nation. Using documented oral traditions and the collaboration of current members of these three Nations, we can interpret the meaning behind the natural and built landscape of the Mulberry site and the artifacts commonly found there. Join us to learn more about the ways that people and places influenced one another at the Mulberry site.

Wednesday 2-3 p.m., 11/3, HIST 120, \$5, online

The Palmetto State: Early History and Culture of South Carolina, Jo Ann Tufo

Learn the early history and people of one of the original 13 states, from the colonial period until the dawn of the Civil War.

Tuesday 10 a.m.-noon, 11/9, HIST 108, \$10, online

Ring the Bell, Girls: History of Early Education in America, Jo Ann Tufo

This class explores the introduction of both informal and formal early education for females in America.

Tuesday, 1-3 p.m., 9/7, HIST 109, \$10, online

Sip and Dunk: History of Coffee and Donuts, Jo Ann Tufo

This class explores one of America's favorite taste combinations. The rich history of coffee consumption and production and how donuts impacted culinary history will be discussed.

Tuesday, 10 a.m.-noon, 9/7, HIST 110, \$10, F2F, online

Summer of Love/Summer of Soul, Jo Ann Tufo

Explore the Summer of '69 with two events: the celebrated Woodstock music festival and the lesser known music festival at Mount Morris Park in New York. Both events featured noteworthy artists from the era and highlighted social and cultural facets of the time period.

Tuesday 1-3 p.m., 10/12-11/2, HIST 112, \$40, online

Thankful Nation: Thanksgiving Traditions, Jo Ann Tufo

This class explores the traditions of Thanksgiving, from its 17th century roots to the present. Family and community rituals will be discussed.

Tuesday 10 a.m.-noon, 11/23, HIST 113, \$10, online

That Happened Here? Marian Calder

Join us as Marian Calder shares some interesting moments in Horry County's history including Confederate deserters raiding local farms, the largest wooden ship built in SC, an abandoned community on the river, and a suspected murderer calling down the wrath of God on his accusers.

Wednesday 2-3 p.m., 9/15, HIST 123, \$5, online

Trick or Treat: Halloween in America, Jo Ann Tufo

Find out about the evolution of Halloween traditions in America.

Tuesday 10 a.m.-noon, 10/26, HIST 114, \$10, online

Will Rogers: Actor, Cowboy, Humorist, Jo Ann Tufo

While his tragic death on August 15, 1935, in an airplane shocked his fans throughout the world, we will celebrate, on his birthdate, the birth, life, occupations, and many achievements of Cherokee Nation member Will Rogers.

Thursday 10 a.m.-noon, 11/4, HIST 115, \$10, online

Information, Technology, and Social Media

Cybersecurity, Brian Gugala

To celebrate Computer Security Day, Brian will teach us about anti-virus and malware programs and where you can get them for free; the importance of password protection and companies texting you to confirm a login; how to spot phishing emails; and services that will help you save/remember all those passwords.

Tuesday 6-7 p.m., 11/30, TECH 004, \$5, online

Personal Growth and Skills

American Sign Language, Jason Milliren

You will be immersed in American Sign Language, a language commonly used by the deaf community. You will leave the course being able to have simple conversations, having learned vocabulary, and a basic understanding of deaf culture while having fun.

Wednesday 1-2 p.m., 9/15-11/17, PERS 013, \$100, F2F, Market Common

Understanding Medicare, Stan and Terri Stephens

Students will learn Medicare basics, how secondary plans work, and about enrollments and penalties.

Friday 1-4 p.m., 10/1-10/8, PERS 014, \$60, F2F, Market Common

Philosophy and Religion

Tempting Eternity, Craig Miller

Explore the extent popularly held notions of eternity find Biblical textual support, are the products of imaginative thinking, fall in-between, or land outside. You'll discuss whether the Bible's own notions of eternity are consistent enough to make viable a "model of forever." Not an easy class, you'll reflectively draw distinctions between textual evidence and personal viewpoint in examining wide-ranging material. The class is for the open-minded, all ideas are treated with respect, but none endorsed as the universal solution. Bring any Bible version you wish.

Wednesday 11a.m.-1 p.m., 9/29-11/3, RELG 005, \$60, online

Science, Math, Nature, and the Environment

Elementary Algebra for Seniors, Paul Moyer

Understanding elementary algebra is essential for almost all other mathematical disciplines. This course will focus on classical topics: properties of real numbers, linear equations and graphs, simultaneous sets of equations, quadratic equations and exponents. Side trips of interest to the class will be encouraged. Only fundamental arithmetic needed as a pre-requisite.

Tuesday 1-2 p.m., 10/12-11/2, SCIM 009, \$20, online

Flora & Fauna of the Carolina Bays, Abigail Geedy

Did you know that the Carolina Bays in Horry County are the only place in South Carolina you can find Venus Fly Traps growing wild? Carolina Bays are elliptical depressions housing temporary wetlands surrounded by sandy rims. The origin of these dense and marshy depressions have been debated since being brought into the scientific spotlight thanks to aerial photography of the Myrtle Beach area in the 1930s. What isn't up for debate is the unique and familiar wildlife that call the Carolina Bays home, including multiple species of carnivorous plants. Join to learn more about some of the wildlife of the Carolina Bays.

Wednesday 2-3 p.m., 10/13, SCIM 010, \$5, online

Travel Stories

Colorado, the 38th State, Carol Osborne

Learn some of the history of this state as you take a virtual tour through some of its scenic attractions.

Tuesday, 9-10 a.m., 10/26, TRAV 018, \$5, online

Maine, the 23rd State, Carol Osborne and Kelli Barker

Learn some of the history of this state as you take a virtual tour through some of its scenic attractions.

Tuesday, 9-10 a.m., 9/21, TRAV 019, \$5, online

The Monuments of Washington, DC: A Virtual Tour, Valerie Gugala

Washington DC is full of monuments to people, groups, and events. Some, like the Lincoln Memorial, are world famous. Others are less well known, and a few others are almost unknown. In this lecture we will tour Washington DC virtually and learn about many of the monuments. We will talk about why each monument was built, who it honors, and other facts about them.

Monday 1-3 p.m., 9/20, TRAV 020, \$10, online

Sarajevo and Three Towns in Bosnia, Anita McKay

Many of us recall a peek into a relatively unknown part of the world when the 1984 Winter Olympics were held in Sarajevo. We watched in horror when the city was besieged by Serbian forces from 1992 to 1996. You might remember WWI started when the Austro-Hungarian Emperor Franz Ferdinand and his wife, Sophie, the Duchess of Hohenberg were assassinated in Sarajevo. In this presentation, you will find out more about a beautiful city and meet some of the people working for a peaceful future. You will learn out about the food and culture. We will have short side trips to Tuzla, Mostar, and Medugorje.

Tuesday 10 a.m.-noon, 10/19, TRAV 021, \$10 online

Sweet Home Chicago: A Virtual Tour, Valerie Gugala

Chicago is home to awe-inspiring museums, iconic architecture, and world-famous sites — and you can explore them all virtually. We will travel around Chicago, and see some famous (and not so famous) sites. We will look at public art, the museum campus, some of the beautiful architecture that the city has to offer, and more. Led by a lifelong Chicago area resident, this 2-hour tour will make you feel like you are there.

Monday 1-3 p.m., 11/8, TRAV 014, \$20, F2F, Market Common

Virtual Tour of Bellefield Plantation at Hobcaw Barony, Richard Camlin

Bellefield Plantation is a special site at Hobcaw Barony that is rich with history. While the unfurnished house isn't open for tours, this virtual tour will give you an "inside" look at this beautiful location in spring and what life was like for Belle Baruch and her friends. Using pictures old and new and video, this adventure showcases the exterior structures on-site, such as the stables, dog house, Belle's pool, pond, the Vereen House grounds, and the Victory Garden. Historic photographs and stories will be shared during this program.

Thursday, 3-4 p.m., 11/11, TRAV 011, \$5, online

A Visit to Malawi, Valerie Emblen

You will leave this class with an increased understanding of lives in other countries and the strategies residents use to survive in difficult circumstances.

Tuesday 10-11 a.m., 9/7, TRAV 022, \$5, online

The Windy City? Myths, Mysteries & Lies about Chicago, Valerie Gugala

Is Chicago really very windy? Did Mrs. O'Leary's cow start the Chicago Fire? Were the Chicago Cubs cursed by a goat? Learn the truth behind these stories and more in this 2-hour class. Historian & lifelong Chicagoan Gugala will explain each story's history and the truth behind some of the myths. You might be surprised about some of the little-known facts about "The Second City" that you will learn along the way!

Wednesday 2-4 p.m., 9/22, TRAV 023, \$10, online

Writing and Literature

Classics and 20th Century Revisions, Carol Osborne

We will read and discuss three classics, *Beowulf*, *King Lear*, and *Jane Eyre*, paired with 20th century works, *Grendel*, *A Thousand Acres*, and *Wide Sargasso Sea*, that play upon and present a new perspective on the original plots. John Gardner tells the story from Grendel's point of view, Jane Smiley recreates the story of Lear in the 20th century mid-west, and Jean Rhys presents a postcolonial response to Charlotte Bronte's novel.

Thursday 11 a.m.-1 p.m., 9/23, 10/7, 10/21, 11/4, 11/18, 12/2, WLIT 011, \$60, online

Drama, the Good Kind, Carol Osborne

We will read and discuss some of the most outstanding plays of the twentieth century, including Sartre's *No Exit*, Becket's *Waiting for Godot*, Albee's *Who's Afraid of Virginia Woolf*, Williams' *A Streetcar Named Desire*, Shaffer's *Equus*, and Edson's *Wit*.

Thursday 11 a.m.-noon, 9/16, 9/30, 10/14, 10/28, 11/11, 12/16, WLIT 012, \$30, online

The Short Story Café, David Sylvester

Local short-story writer Dave Sylvester hosts a lively and informal discussion of the short story form that examines how authors handle structural elements such as plot, character, point-of-view, and theme in their writing. Each week we will read and discuss two (sometimes three) stories by well-known (and some lesser known!) contemporary masters of the form. No writing experience is required, but this is a writer-friendly discussion. All materials will be available in advance via email and should be read before the discussions.

Thursday, 6-8 p.m., 9/30-11/4, WLIT 010, \$60, online

SALT Catalog Fall 2021

At-a-Glance

Day	Title of Class/Club	Time	Dates	Cost	Place
M	Tai Chi for Beginners 9/27	9-10 a.m.	9/27-11/1	60	MC
M	Tai Chi for Beginners 11/8	9-10 a.m.	11/8-12/13	60	MC
M	Chew the Fat	10-11 a.m.	9/6-12/13	20	Zoom
M	Current Events	11 a.m. to noon	9/13-11/15	50	Zoom
M	Chair Aerobics	noon to 1 p.m.	9/13, 9/27	20	MC
M	Monday Culture Club	noon to 2 p.m.	9/13, 10/11, 11/15, 12/13	10	Zoom
M	The Monuments of D.C.	1-3 p.m.	9/20	10	Zoom
M	Sweet Home Chicago	1-3 p.m.	11/8	20	MC
M	Easy Greeting Cards	2-4 p.m.	10/11-11/1	40	Zoom
M	Mindful Movement 9/13	3-4 p.m.	9/13-10/4	20	Zoom
M	Mindful Movement 10/11	3-4 p.m.	10/11-11/1	20	Zoom
M	Mindful Movement 11/8	3-4 p.m.	11/8-11/29	20	Zoom
M	Wine Time	7-8:30 p.m.	9/13, 10/11, 11/8, 12/6	20	Zoom
T	Maine, the 23rd State	9-10 a.m.	9/21	5	Zoom
T	Colorado, the 38th State	9-10 a.m.	10/26	5	Zoom
T	A Visit to Malawi	10-11 a.m.	9/7	5	Zoom
T	Zumba Gold Toning 9/14	10-11 a.m.	9/14-10/5	20	Zoom
T	Zumba Gold Toning 10/12	10-11 a.m.	10/12-11/9	25	Zoom
T	Zumba Gold Toning 11/16	10-11 a.m.	11/16-12/14	25	Zoom
T	History of Coffee and Donuts	10 a.m. to noon	9/7	10	Zoom
T	Grand Strand History	10 a.m. to noon	9/21	10	Zoom
T	Grand Strand: Charlie's Place	10 a.m. to noon	9/28	10	Zoom
T	Early American Churches	10 a.m. to noon	10/12	10	Zoom
T	The Princes William and Harry	10 a.m. to noon	10/19	10	Zoom
T	Sarajevo and Three Towns in BiH	10 a.m. to noon	10/19	10	Zoom
T	Halloween in America	10 a.m. to noon	10/26	10	Zoom
T	Myrtle Beach Air Force Base	10 a.m. to noon	11/2	10	Zoom
T	Early History and Culture of SC	10 a.m. to noon	11/9	10	Zoom
T	History of Ladies Accessories	10 a.m. to noon	11/16	10	Zoom
T	Thanksgiving Traditions	10 a.m. to noon	11/23	10	Zoom
T	History of Women in the US Army	10 a.m. to noon	11/30	10	Zoom
T	Holiday Decorating WH	10 a.m. to noon	12/7	10	Zoom
T	Hist of Miracle on 34th Street	10 a.m. to noon	12/14	10	Zoom
T	Elementary Algebra for Seniors	1-2 p.m.	10/12-11/2	20	Zoom
T	Early Education in America	1-3 p.m.	9/7	10	Zoom
T	Native American Women	1-3 p.m.	9/21	10	Zoom
T	Mobile Army Surgical Hospitals	1-3 p.m.	9/28	10	Zoom
T	The Life of Walt Disney	1-3 p.m.	9/28	10	Zoom
T	Walt Disney's Magic Kingdom	1-3 p.m.	10/5	10	Zoom
T	EPCOT Center	1-3 p.m.	10/12	10	Zoom
T	Forgotten Disney	1-3 p.m.	10/19	10	Zoom
T	Summer of Soul/ Summer of Love	1-3 p.m.	10/12-11/2	40	Zoom
T	Women Cops	1-3 p.m.	11/9-11/30	40	Zoom

SALT Catalog Fall 2021

T	Women at Pearl Harbor	1-3 p.m.	12/7	20	Zoom
T	Age Related Memory Loss	1-3 p.m.	12/14	10	Zoom
T	Tangling for the Zen of It 9/14	2-4 p.m.	9/14-10/5	40	Zoom
T	Tangling for the Zen of It 10/12	2-4 p.m.	10/12-11/2	40	Zoom
T	Tangling for the Zen of It 11/9	2-4 p.m.	11/9-11/30	40	Zoom
T	First Day of Winter	2-4 p.m.	12/14	Free	Zoom
T	Dining Club Central	5-7 p.m.	9/14, 10/12, 11/09, 12/07	5	F2F
T	Difficult Circumstances Book Club	6-7 p.m.	9/21, 10/19, 11/16	5	Zoom
T	Dining Club - Home Edition	6-7 p.m.	9/28, 10/26, 11/23	5	Zoom
T	Cybersecurity	6-7 p.m.	11/30	5	Zoom
T/Th	Native American Lore and History	9-10 a.m.	9/28-10/14	15	Zoom
W	Gentle Exercises to Sweat By 10/13	9-10 a.m.	10/13-11/10	25	Zoom
W	Gentle Exercises to Sweat By 11/17	9-10 a.m.	11/17-12/15	25	Zoom
W	Gentle Exercises to Sweat By 9/8	9-10 a.m.	9/8-10/6	25	Zoom
W	Senior Fitness 9/15	10-11 a.m.	9/15-10/6	20	Zoom
W	Senior Fitness 10/13	10-11 a.m.	10/13-11/3	20	Zoom
W	Senior Fitness 11/17	10-11 a.m.	11/17-12/15	25	Zoom
W	Current Events	10 a.m. to noon	9/15, 10/20, 11/17, 12/15	80	MC
W	Joe DiMaggio	10 a.m. to noon	11/24	10	Zoom
W	Tempting Eternity	11 a.m.-1 p.m.	9/29-11/3	60	Zoom
W	L&L: John Navin	noon to 2 p.m.	10/20	5	F2F
W	American Sign Language	1-2 p.m.	9/15-11/17	100	MC
W	Lunch Bunch	1-2 p.m.	9/15, 10/20, 11/17, 12/15	5	F2F
W	Agrarian Folklore & Folk Remedies	2-3 p.m.	9/8	Free	Zoom
W	That Happened Here?	2-3 p.m.	9/15	5	Zoom
W	Carolina Militia Man	2-3 p.m.	10/6	Free	Zoom
W	Flora & Fauna of the Carolina Bays	2-3 p.m.	10/13	5	Zoom
W	Native American Oral Traditions	2-3 p.m.	11/3	5	Zoom
W	Foods We Celebrate	2-3 p.m.	12/2	5	Zoom
W	Myths, Mysteries & Lies Chicago	2-4 p.m.	9/22	10	Zoom
W	Jewelry Making Class	3-5 p.m.	9/15-11/17	100	Zoom
W	Fun & Games Club	5-6 p.m.	9/8-12/8	20	Zoom
W	The Art of Self Defense 9/15	5-6 p.m.	9/15	10	MC
W	The Art of Self Defense 9/22	5-6 p.m.	9/22	5	Zoom
W	The Art of Self Defense 10/20	5-6 p.m.	10/20	10	MC
W	The Art of Self Defense 10/27	5-6 p.m.	10/27	5	Zoom
Th	Chair Yoga 9/9	10-11 a.m.	9/2-9/30 (no class 9/16)	20	Zoom
Th	Chair Yoga 10/14	10-11 a.m.	10/14-11/11	25	Zoom
Th	Chair Yoga 11/18	10-11 a.m.	11/18-12/16 (no class 11/25)	20	Zoom
Th	Hail to the Chief!	10 a.m. to noon	9/30-11/4	120	MC
Th	Bruce Springsteenn	10 a.m. to noon	9/23	10	Zoom
Th	Truman Capote	10 a.m. to noon	9/30	10	Zoom
Th	The Flying Ace of World War II	10 a.m. to noon	10/7	10	Zoom

SALT Catalog Fall 2021

Th	Dwight D. Eisenhower	10 a.m. to noon	10/14	10	Zoom
Th	The life of John Birks Gillespie	10 a.m. to noon	10/21	10	Zoom
Th	The Career of Julia Roberts	10 a.m. to noon	10/28	10	Zoom
Th	Will Rogers	10 a.m. to noon	11/4	10	Zoom
Th	Veteran's Day	10 a.m. to noon	11/11	10	Zoom
Th	Mickey Theodore Mouse	10 a.m. to noon	11/18	10	Zoom
Th	Charles Ringling	10 a.m. to noon	12/2-12/9	20	Zoom
Th	Margaret Meade	10 a.m. to noon	12/16	10	Zoom
Th	Drama, the Good Kind	11 a.m. to noon	9/16&30, 10/14&28, 11/11, 12/16	30	Zoom
Th	Classics and 20th c. Revisions	11 a.m.-1 p.m.	9/23, 10/7&21, 11/4&18, 12/2	60	Zoom
Th	Ed Piotrowski	11 a.m.-1 p.m.	9/23	5	F2F
Th	Underwater Occupations	2-3 p.m.	9/16-9/30	15	Zoom
Th	Not So Starving Artists	2-3 p.m.	10/14-10/28	15	Zoom
Th	Local Leaders	2-3 p.m.	11/4-11/18	15	Zoom
Th	Bellefield Plantation	3-4 p.m.	11/11	5	Zoom
Th	Dinner Club North	5 p.m.	9/16, 10/21, 11/18, 12/16	5	F2F
Th	The Short Story Cafe	6-8 p.m.	9/30-11/4	60	Zoom
F	Felted Soap 9/17	10 a.m. to noon	9/17	20	MC
F	CC Needle Felting 10/8	10 a.m. to noon	10/8	20	MC
F	Advanced Felted Soap 10/15	10 a.m. to noon	10/15-10/22	40	MC
F	Mason Jar Lid Ornament 11/12	10 a.m. to noon	11/12	20	MC
F	HeritageQuest Online	10 a.m.-1 p.m.	10/8	Free	Zoom
F	Pine Needle Creations	10 a.m.-1 p.m.	12/10-12/17	70	EBTC
F	Researching Immigrant Ancestors	1-3 p.m.	10/29-12/10 (no class 11/26)	60	Zoom
F	Understanding Medicare	1-4 p.m.	10/1-10/8	60	MC

Local and Regional Excursions

All local and regional excursions depart from the Kohl's parking lot at the intersection of 544 and 17 Bypass.

Monday, September 13, Waccamaw River Tour, EXCU 026, \$60

Enjoy a narrated tour along the beautiful cypress-lined and moss-draped Waccamaw River and the Intercoastal Waterway and its creeks and swamps. Learn about the history of these rivers, the Waccamaw area, and its wildlife. Departing 10:00 a.m. **Activity Level 2**

Friday, September 17, Horry County Museum and L.W. Paul Living Farm, Conway, EXCU 027, \$40

First, we will visit the Horry County History Museum located in downtown Conway. The museum features monthly exhibits by local artists in addition to its historical and regional exhibits. We will learn about the wide range of environmental conditions found in Horry County and how its inhabitants, from prehistoric to present, have adapted to these local conditions. The museum features a variety of materials from old tools and photographs to miniatures of industries such as those producing tar and turpentine. Exhibits include farming tools and implements, household items and clothing, items from an old country store, local crafts--both historical and modern, and wildlife specimens and photographs. The museum's exhibit on Waccamaw Indian People, Past, Present and Future, was created by CCU students working with Assistant Professor Katie Clary and Professor Carolyn Dillian. After lunch in downtown Conway, we will proceed to the 17-acre L.W. Paul Historical Farm, where you will get a sense of what it was like to live in a rural farming community during the first half of the 20th century. The farm includes a variety of reconstructed buildings authentic to the time period. Meals not included in the excursion. Departing 9:15 a.m. **Activity Level 4**

Monday, September 20, Rock 'n' Roots Plant Company, Pawleys Island, EXCU 028, \$65

Visit a premier house plant business and engage in a workshop to create a living succulent arrangement inside an upcycled wine bottle cut by a glass artisan. Lunch after the workshop not included. Departing 9:45 a.m. **Activity Level 2**

Wednesday, September 22, Bulls Island, Awendaw, SC, EXCU 019, \$110

Coastal Expeditions will drop us off directly at one of the most secluded and pristine beaches in the world of shelling and birds. This will give us the chance to connect with nature as we explore the island for 4 hours with a guide. Seven miles of Bulls Island's beach are part of the longest stretch of undeveloped coastline on the East Coast and allow unparalleled shelling, beach combing, and exploring. Our journey will begin with a 30-minute naturalist led boat tour of the saltmarsh estuary and will last a total of 5 hours. Departing 11:00 a.m. **Activity Level 5**

Friday, September 24, Pirates and Legends with Christine Vernon, Murrells Inlet, SC EXCU 029, \$40

Enjoy a one-hour tour down the scenic Murrells Inlet Marsh Walk and learn about local legend Drunken Jack, ghosts such as Alice Flagg and The Grey Man, and other notable South Carolinians. Christine will cover the history of piracy, plantation life, ancient Indian burial grounds, and current events such as conservation efforts on the inlet. Christine's new book, *The Old and New Legends of Murrells Inlet SC*, is now available at the Lazy Gator, one of the stops on our tour. We'll enjoy lunch at Drunken Jacks (meal not included in excursion fee). Departing 10:15 a.m. **Activity Level 4**

Monday, September 27, Old Santee Canal, Stony Landing House Tour, EXCU 030, \$60

Explore the deep history and nature of the low country. Old Santee Canal Park, a 195-acre park commemorating the building of the first true canal in America, opened in 1989. It showcases the area's extensive history and habitat. Among its attractions are the Stony Landing House, built in 1843, and four

SALT Catalog Fall 2021

miles of boardwalks that meander through the backwaters of Biggin Creek and its surrounding swamp. The park's centerpiece is an interpretive center that chronicles the area's history as far back as 4000 B.C. Departing 8:00 a.m. **Activity Level 4**

Friday, October 1, Taste of Georgetown, EXCU 031, \$95

Join us for a restaurant crawl along Front Steet, sampling the best Georgetown has to offer. Departing 10:00. **Activity Level 4**

Monday-Wednesday, October 4-6, Overnight in Southport, NC, EXCU 042, \$399.00 pp/double

Southport, located in Brunswick County, N.C, is steeped in history and picturesque beauty. *Coastal Living Magazine* names Southport "America's Happiest Seaside Town". This historical maritime location takes you back into a past of pirates and privateers, antebellum Southern belles, and blockade runners. Seafarers have been frequenting this community since the early 1500s. Included in this 2-night stay at the River Hotel of Southport is a tram ride through the city of Southport, a stop at the Maritime Museum, a ferry ride to Bald Head Island (where you can rent bicycles or golf carts), and a trip to Fort Fisher and the North Carolina Aquarium. Departing at 9:00 a.m. **Activity Level 4**

Friday, October 8, Hobcaw Barony, Georgetown, SC, EXCU 015, \$55

This two-hour tour requires little walking and includes highlights of Hobcaw Barony's 16,000 acres of history, ecology, and research. A privately owned research reserve, the property represents every environment and century of the lowcountry. The bus stops for a tour inside Bernard Baruch's c.1930 home that played host to politicians, generals, and newspapermen, as well as Winston Churchill and President Franklin Roosevelt. In addition to Hobcaw House, tours include a drive by the home and stables of Bellefield Plantation, the home of Mr. Baruch's oldest daughter Belle Baruch who owned all the property by 1956, as well as a stop in Friendfield Village, the last 19th century slave village on the Waccamaw Neck. Information shared will include coastal ecosystems, native wildlife, and endangered species. Departing noon. **Activity Level 2**

Monday, October 11, South Carolina State House and State Museum, Columbia, SC EXCU 032, \$65

We will enjoy a visit to the South Carolina State Museum, lunch in Columbia, and a guided tour of the SC State House. Meal not included in the excursion fee. Departing at 7:00 a.m. **Activity Level 4**

Friday, October 15, Behind the Scenes of the Charleston Museum, EXCU 033, \$70

The Charleston Museum is one of the oldest museums in the United States. Its highly regarded collection includes historical artifacts, natural history, and decorative arts from two historical Charleston houses. Enjoy a guided tour behind the scenes with SALT. We'll enjoy a delicious lunch in Charleston before heading home. Meal not included in the excursion. Departing 8:45 a.m. **Activity Level 4**

Sunday-Tuesday, October 17-19, Overnight in Greenville, EXCU 043, \$399 pp/double

We're taking Salty to the mountains to enjoy fall foliage and all that Greenville has to offer. Our home base will be the Aloft Hotel, which is centrally located downtown, making Falls Park on the Reedy River, many eclectic shops, over 120 independent restaurants, bars, and art galleries easily accessible. Enjoy the pedestrian-friendly atmosphere of downtown Greenville on your own and plan to take a drive in the mountains while we are there. Departing at 8:30 a.m. **Activity Level 4**

Wednesday, October 20, Morris Island Shark Tooth Adventure EXCU 017, \$100

Coastal Expedition will provide a naturalist-led excursion on their vessel as we venture out to Morris Island. We will have a chance to see a wide array of wildlife on our journey to the island. Once on the

island, we will head directly to the beach to hunt for shark teeth and fossils with our guide. The guide will teach us how to spot the fossils in the sand and help us to identify our treasures. We will depart at 10:00 a.m. and stop for lunch along the way. Lunch is not included in the fee. **Activity Level 5**

Friday, October 22, Darlington Speedway Tour and Ride, Darlington, SC, EXCU 009, \$40

No doubt Darlington County is best known as the home of the Darlington Raceway, a major stop on the NASCAR circuit and its oldest speedway, having opened in 1950. Tour the Darlington Raceway Stock Car Museum and NMPA Hall of Fame and browse the gift shop before enjoying pace car rides around the track “too tough to tame.” Lunch at Raceway Grill on your own. We will depart at 8:00 a.m. **Activity Level 4**

Monday, October 25, Quirky Florence, Florence, SC, EXCU 024, \$50

Enjoy a rollicking good time at some of Florence’s more unusual destinations: Pearl Fryar Topiary Garden, the South Carolina Button Museum, the Swamp Log Artisans Center, and the South Carolina Cotton Museum. Enjoy lunch at Harry & Harry Too and pay tribute to the Lizard Man. (Lunch not included in excursion fee.) We will depart at 9:00 a.m. **Activity Level 3**

Friday, October 29, Birds of Prey, Awendaw, SC, EXCU 005, \$55

Enjoy a guided tour at the Center for Birds of Prey, including a flight demonstration. See a falcon dive at a speed of over 100 miles per hour. Listen closely as an owl coasts past your head without making a sound. Watch as trained hawks and vultures soar with wild raptors above the center’s flying fields. We will stop for lunch afterward. Lunch not included in fee. Departing at 8:30 a.m. **Activity Level 3**

Monday, November 1, Historical Conway Walking Tour, Conway, SC, EXCU 034, \$35

Combining historical charm and contemporary excitement, downtown Conway has eclectic shops, spas, gourmet restaurants, casual eateries, and a bed and breakfast, making it a destination for residents and visitors alike. Explore quaint Conway and finish your tour with a delicious meal at one of Conway’s local restaurants. Meals not included in the excursion fee. Departing at 9:45. **Activity level 4**

Wednesday, November 3, Yawkey, Georgetown, SC, EXCU 035, \$45

Learn about Tom Yawkey and the history of this area as you tour what is now a habitat for migratory birds, eagles, alligators, and hundreds of species of wildlife. The beaches are considered excellent nesting locations for the threatened loggerhead sea turtle. Departing at 8:00 a.m. **Activity Level 1**

Friday, November 5, Citadel Cadet Parade and Tour, Charleston, SC, EXCU 036, \$60

The Citadel was established in 1842 and was originally located on Marion Square in downtown Charleston. Today the picturesque campus, which was moved in 1922 to the bank of the Ashley River, is home to 24 major buildings, with over 3400 men and women enrolled in over 20 full and part time graduate and undergraduate programs. Following lunch in Charleston, we will tour the campus with a cadet and then watch the Friday parade. Lunch not included. Departing at 10:00 a.m. **Activity Level 4**

Monday, November 8, Consignment Crawl, EXCU 037, \$35

Let us take you to some of the best thrift and consignment shops along the Grand Strand. Please restrict your purchases to items that can fit comfortably on your seat in the van! Departing at 10:00 a.m. and eating along the way. Lunch not included in fee. **Activity Level 4**

Friday, November 12, Downtown Charleston Culinary Tour, EXCU 038, \$115

SALT Catalog Fall 2021

Considered their flagship tour, this 2.5-hour food adventure explores Charleston's Historic French Quarter and City Market, offering the best of Charleston's history and food while walking some of the oldest streets in the city. We will arrive two hours before the 1:00 tour to allow participants to shop before they dine. Departing at 8:30 a.m. **Activity Level 4**

Monday, November 15, SIMT/Covered in Cotton, Florence, SC, EXCU 039, \$50

We will first tour the Southeastern Institute of Manufacturing and Technology, where we will see fascinating 3-D printing and other innovative practices. Then we head to Covered in Cotton, a locally owned business that has been in Darlington County for three generations. Their mission is to cultivate cotton products, share their wonder of agriculture, and contribute to a cause that tells a story and shares hope. Lunch is on your own at the Mayflower. Departing at 8:30 a.m. **Activity Level 4**

Friday, November 19, Taste of Wilmington, EXCU 008, \$100

Enjoy a unique tasting experience while visiting multiple restaurants on a walking tour of Wilmington's historic area. This downtown tour includes savory and sweet tastings at five to six restaurants and bars; most are paired with small alcoholic drink tastings! Meet chefs and owners and enjoy food and drink while learning about the historical downtown. Departing 11:45 a.m. **Activity Level 4**

Monday-Wednesday, November 29-December 1, Biltmore Estate, Asheville, NC, EXCU 044, \$659 pp/double

When we arrive, we will check into the Village Hotel on Biltmore Estate, dine at the Stable Café, and then go on a candlelight evening visit to the Biltmore House, which will be splendidly decorated for the holidays. The next two mornings, we will enjoy plated breakfasts in the Village Social. Tuesday, we will take a daytime visit to the Biltmore House (with audio tour), explore Antler Village, and participate in a tasting at the winery. After a short rest, we will travel to downtown Asheville, where you will have time to shop and dine before returning to the Village Hotel. Departing at 9:00 a.m. **Activity Level 4**

Friday, December 3, Revolutionary War Visitor Center, Camden, SC, EXCU 040, \$60

In 1780, Camden was the oldest and largest city in the Carolina backcountry. It was strategic to both the British Army, which occupied the city, and the Americans in the Revolutionary War. Although the Battle of Camden was disastrous for the American cause, it ushered in changes in military leadership that altered the war's course. After the battle, Major General Nathanael Greene was promoted to command of the Southern Campaign, and his leadership ultimately led to the British surrender at Yorktown, VA. We will visit the Revolutionary War Visitor Center, the gateway to South Carolina's pivotal role in the American Revolution as well as the multitude of other things Kershaw County has to offer. We will also visit the Camden Archives and Museum. Lunch not included in fee. Departing 8:45 a.m. **Activity Level 4**

Monday, December 13, Holiday Mystery Tour, EXCU 041, \$40

Get in the holiday spirit with Kelli and Carol. Salty will take us on a shopping and festive adventure. Departing at noon. Dinner not included in fee. **Activity Level 4**

National and International Tours

National Parks & Canyons of the Southwest (PWD)

November 7-13, 2021 (final payment due by August 20)

\$2075 with discount pp/double (includes air fare)

Music Cities Christmas (PWD)

December 3-8, 2021 (final payment due by September 17)

\$2645 with booking discount pp/double

Spain & Portugal (Collette)

March 26-April 9, 2022

\$4799 pp/double (includes air fare)

Highlights of Italy's Amalfi Coast (PWD)

April 18-27, 2022

\$3350 pp/double (includes air fare)

Discover Scotland (Collette)

May 15-24, 2022

\$4349 pp/double (includes air fare)

Celebrity Cruise and Land Expedition in Alaska

June 11-24, 2022

from \$7760.22 total for cabin for 2 (including cruise and land portion, but not airfare) plus \$675 on board credit

Book with Mark Stoll and ask to be in the SALT group, (407-275-2244 Ext 114, mark@cruisevacationoutlet.com)

California Rail Discovery (including Napa Valley) (PWD)

September 14-21, 2022

Danube River Cruise (Collette)

September 25-October 5, 2022

\$4478-\$7498 depending on cabin choice (includes air fare)

Iceland Explorer (PWD)

October 5-12, 2022

Greece

November, 2022

Australia/New Zealand

January, 2023